

## CLAIMS

1. A seamless capsule including a filler material and a shell which encapsulates the filler, wherein

the shell comprises (a) a shell material and (b) a crystallization agent which is at least one or two or more selected from a group consisting of sorbitol, mannitol, xylitol, erythritol, paratinitt, lactitol, maltitol, trehalose, and saccharose; and

the shell includes crystals which are formed by deposition of the crystallization agent when a shell liquid including the shell material and the crystallization agent is hardened; and

the shell is substantially opaque due to the presence of the crystal.

2. The seamless capsule according to claim 1, wherein the shell includes one or two or more plasticizers selected from a group consisting of glycerol, propylene glycol, and polyethylene glycol.

3. The seamless capsule according to claim 1 or 2, wherein the addition amount of the crystallization agent is 10 to 80% by mass based on the total amount of the shell, excluding water.

4. The seamless capsule according to claim 1 or 2, wherein the mass ratio of the shell and the filler material is 5:95 to 70:30.